

## Happenings for The Town of Plainville 3-19-2018

### PLAINVILLE SENIOR CENTER

- **DIABETES: WHAT IS IT? HOW DO I LIVE WITH IT?** *FRIDAY, MARCH 23, 10:30 A.M.*

What is diabetes? Does anyone die from it? What are the dreaded complications? Is it possible to prevent or delay its complications, or maybe even avert diabetes itself? For an in-depth look at what a diabetes diagnosis means to your health, join Miles Everett, registered dietician, nurse and diabetes educator at Bristol Hospital Center for Diabetes. Call the Senior Center at 860-747-5728 to register for this free program.

- **VETERANS' COFFEE HOUR AT THE SENIOR CENTER,** *TUESDAY, APRIL 3 at 10:30 A.M.*

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. *FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.* Call the Senior Center at 860-747-5728 to register.

### PLAINVILLE PUBLIC WORKS

- Property Owners will be able to schedule their one bulk pick up free of charge either in the spring or in the fall. Bulk collection for 2018 will take place on Mondays during the following periods: April 9 through June 25, 2018 (excluding Monday, May 28, due to Memorial Day) and September 10 through October 29, 2018. Eligible residents must call CWPM at 860-793-6721 to schedule a pickup. When calling, you will need to provide your name, address, phone number and a complete description of the items to be collected. Calls placed by 3:00pm Friday can be scheduled for collection on Monday. If there is a high volume of collection they will continue the following day.

**\*\*Please Note: Pickups must be scheduled by property owners.** Multi-family residents (2-5 units) must also be scheduled by property owners/landlords.

Bulk items should be placed curbside no more than 24 hours before your scheduled pickup. Bulk items must not block or create a safety concern for sidewalks or walkways.

Bulk collections are for residential only. Please keep weekly trash separate and miscellaneous iron/steel separate from bulk. For a list of acceptable bulk items, please scroll down the bottom of this page. Questions, can be referred to Public Works Administration at 860-793-0221 x208.

## **Happenings for The Town of Plainville 3-19-2018**

- The Transfer Station on Granger Lane will open for the season on Saturday, April 7, 2018. The hours of operation are 8:00AM to 3:00PM, SATURDAY'S ONLY. Plainville residents must show identification.

There is a fee for disposal. For a list of acceptable items and fees, please visit the public works page on the Town's website.



CONNECTICUT  
W O M E N ' S  
HALL OF FAME

25TH ANNIVERSARY

*Come celebrate  
the remarkable  
stories of women  
who have changed  
history!*

# Powerful Voices: Connecticut Women Changing Democracy

**Plainville Historic Center**  
**Tuesday March 20th 7:00 PM**

*A Program Sponsored by the Plainville Historical Society  
and Presented by the Connecticut Women's Hall of Fame*

# Let's Get Healthy

**DATE:** April 4, 2018

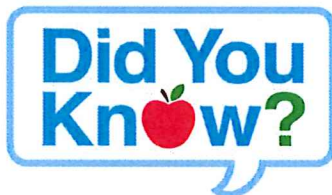
**PLACE:** Middle School of Plainville

**TIME:** 6:15 – 8:00 pm

Join us for a **FREE** program for parents and caregivers

Featuring:

- **Remarks** by State Rep Dr. William Petit
- **Delicious** healthy food samples from local chefs
- Showcase of **Fun/Healthy** activities for children and families
- **Great** giveaways - crock pots, spiralizers, Fitbits and more



**Due to Type II Diabetes and other lifestyle diseases, this may be the first generation of children to have shorter life expectancy than their parents.**

**Learn how you can reverse this trend by making healthy food choices and an active lifestyle part of every day!**

**RSVP:** Please register by March 26 at [Eventbrite.com](https://www.eventbrite.com) or through the Healthy Plainville [Facebook page](#).

For more information contact: Roberta Brown, 860-793-0221 ext. 261

**FREE** babysitting for children ages 3\* -13 provided by the Wheeler Regional Family YMCA. Contact Caitlin Butkus: [caitlin.butkus@ghymca.org](mailto:caitlin.butkus@ghymca.org) or 860-793-9621. Spots are limited.

\*Must be potty trained.

Sponsored by **Healthy PLAINVILLE**

An initiative of the Plainville Coalition for Positive Youth Development and the Wheeler Regional YMCA. Funding support is provided by the Robert Wood Johnson Foundation in association with the Greater Hartford YMCA.